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FRIDAY, MAY 14, 2010

Volunteers

Volunteers are important to many organizations. Page 4

Winding roads

Columnist George Duma takes the scenic route. Page 5

Good food

Port's Lobster and Laughs coming to Sherston. Page 10

Reunion

Port High classmates gather in Burlington. Page 17

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INPORT NEWS

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For news updated daily see www.inportnews.ca

■ MORE SPACE

New location

InPort News Staff

With an expanding product line and customer base, The Healthy Cupboard's quarters were getting a little cramped.

So, store Ian Birrell went looking for a new location to move to in the city and he found it downtown.

See HEALTHY | Page 2

See Inside:
INSERTS
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■ MIXED MARTIAL ARTS: Alexis Davis and Sammy Pascuzzi fought in Niagara Falls, N.Y.

Port fighters beat opponents

DAVE JOHNSON
 InPort News Staff

NIGARA FALLS, N.Y. — Alexis Davis stopped Tonya Evinger in the third round of their title fight last week at Raging Wolf VII: Mayhem in the Mist series at Seneca Niagara Casino and Hotel and kept her championship belt.

"I feel better than I look," said Davis, with a fair-sized welt over her left eye and a puffy face, after the fight.

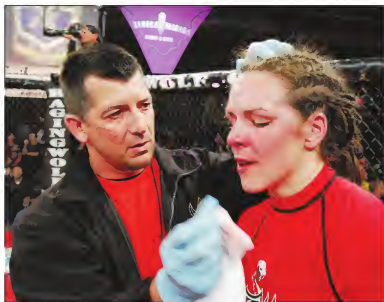
"She is one hell of a fighter," Davis, who fights out of Dayboll Jiu-Jitsu and Fitness Academy in Port Colborne, said Evinger hit her with a couple of good punches in the first round.

"Her right was pretty hard," Evinger, a wrestler, took the fight to the ground in the first round and maintained pressure on Davis. The Sacramento, Calif.-based fighter took the round 10-9 over Davis on all three judges scorecards.

see RAGING | Page 2

DAVE JOHNSON Staff Photo

Dave Dayboll, of Dayboll Jiu-Jitsu and Fitness Academy, cleans up fighter Alexis Davis after her victory over Tonya Evinger last week.



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■ **HEALTHY CUPBOARD:** New store downtown

DAVE JOHNSON Staff Photo

Ian Birrell, owner of The Healthy Cupboard, stocks the shelves in the store's new downtown location.

Bigger store, more products

FROM PAGE 1

"We needed a bigger space," said Birrell.

He said the store started off 11 years ago on Main St. and then moved over to Portal Village Plaza at Steele St. and Killaly St. W.

"We wanted to be downtown and we're in a great location."

The new location, at 101 Clarence St., is 1,500 square-feet and has a center counter area that is moveable, to allow for seminars to be held inside the store.

Birrell has been able to expand the amount of health foods, supplements, vitamins, herbs, natural care products, and organic products the store carries.

People can now fill 18.9L water bottles in the stores at the water bottle filling station, which is new.

Since moving to Clarence St., Birrell has seen an increase in traffic.

He said Fridays are busier with people walking past on their way to and from the farmers' market.

■ **RAGING WOLF:** Davis said company has been 'awesome'

FROM PAGE 1

When the second round started, the two fighters traded some punches and Evinger took Davis down again, but she wasn't worried.

"I've been doing this for so long. I just stayed calm."

Even while on the ground, she could hear trainer Dave Dayboll yelling instructions to her from the corner.

She was able to turn the fight around using her ju-jitsu training and skills and ended up taking the round 10-9 on all three judges scorecards.

Davis was the more dominant fighter and took the fight to Evinger, who replaced Davis's original opponent on short notice.

"She seemed gassed," Davis said.

The Port Colborne-based fighter had been trying to lock a submission on Evinger and 1:47 into the third round she was able to sink in a rear-naked choke ending the fight. In a display of sportsmanship common in mixed martial arts, Davis helped up her opponent up off of the canvas.

With the crowd of more than 2,000 cheering for her, Raging Wolf president-owner J.C. Seneca wrapped the belt around Davis's waist after the fight was over.

The fighter said she didn't know what was next for her.

"I want more fights," she said, adding she'd like to avenge some of her losses to fighters Shayna Baszler, Tara LaRosa and Sarah Kaufman.

Raging Wolf has another event in July, but Davis didn't know yet whether she'd be fighting on that card. She had nothing but praise for the organization though.

"Raging Wolf has been awesome, lots of events won't have female fighters as the main event."

But before she takes any fights, Davis will be headed back to the gym for more training.

Asked if she felt there was anything she needed to work on, Davis said 'everything'.

"I can always improve my stand up and take down," she said.

Davis's teammate Sammy Pascuzzi was also victorious Saturday night, winning his first professional mixed martial arts fight.

Pascuzzi took on Buffalo-based fighter T.J. Sumler, a southpaw, and dominated all three rounds.

In a post-fight interview, Pascuzzi said Sumler dazed him with a couple of good shots in the second round.

"I saw stars."

But the 36-year-old fighter didn't go down. Instead, he took the fight to the ground where his ju-jitsu skills took over.

"I feel more comfortable on the ground."

Using punches and elbows, Pascuzzi was able to take the fight to Sumler.

"My elbows are sore, he has a really hard head."

He also used inside leg kicks to keep the more-experienced Sumler away from him.

"When he came in with a wild left hook, I took him down."

On the ground Pascuzzi was easily able to control Sumler, moving him around with a technique he and Dayboll call the Rhino.

The two said the technique calls for a fighter to stick his or her head under an opponent's chin.

"It creates pressure on them and you can steer them around," Pascuzzi said.

He said the technique allowed him to move his opponent around the "Wagon," as the ring in Raging Wolf is called, Saturday night.

And while fighting Sumler, Pascuzzi listened to advice and instructions being called out by Dayboll from his corner and made the necessary adjustments.

"Though Pascuzzi isn't sure when he'll be fighting next, he said Raging

Wolf wants him to challenge welterweight champion Alan Arzeno, who had previously defeated Sumler to win the belt.

Asked if he thought he skied if he thought he was ready to take on the champ, Pascuzzi said, "Dave will tell me if I'm ready."

But before any fight takes place again, Pascuzzi, like Davis, will be headed back to the gym to work on all aspects on his fighting.

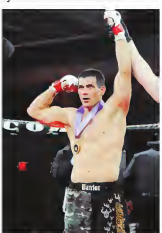
"There's so much to learn," he said.

Dayboll said he was happy with the results of both fights Saturday evening.

"Wendy (Dayboll's wife) and I are very proud of both of them. They executed their game plans and listened between rounds," said Dayboll.

see page 3 for more photos by InPort's Dave Johnson

djohnson@wellandtribune.ca



DAVE JOHNSON Staff Photo

Sammy Pascuzzi's arm is raised by a referee after he beat T.J. Sumler.

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Published by InPort News
Osprey Media Publishing Inc.
228 East Main St., PO Box 278
Welland, ON L3B 5P5

Tel: 905-732-2411 Fax: 905-732-3660

import@wellandtribune.ca

Ken Koyama, publisher, general manager

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ourview

Volunteers keep groups running

Without volunteers, Port Cares could not provide a vast array of services to its clients.

Services such as the soup kitchen and fundraisers could not operate or generate funds if some of the organizations' 150 volunteers didn't step up to the plate and help out.

"Volunteers are the heart of Port Cares, the work of Port Cares," said executive director Lynda Reinhardt.

"Volunteering is much more than a job — it's a chance to be part of a team."

And it's not just Port Cares that relies on volunteers, many organizations in Port Colborne and Wainfleet rely on them.

Despite the many loyal volunteers that are out there, these days it's harder and harder for groups and events like Marshville Heritage Festival, Canal Days, Heart and Stroke Foundation and many more, to attract them.

Many volunteers are getting older and slowing down in the work they do.

Unfortunately in many cases they aren't being replaced by anyone.

We understand it is harder these days to contribute time to a group, organization, or an event due to time constraints people face every day.

But, as Reinhardt said, volunteering is much more than a job — "it's a chance to be part of a team."

Volunteering can give a person a sense of satisfaction, of belonging, of community and depending on where one volunteers, can help make a difference in another person's life.

Congratulations

We'd like to congratulate Port Colborne fighters Alexis Davis and Sammy Pascuzzi on their victories last weekend in Niagara Falls, N.Y.

Both fighters put on a great show and did themselves, their gym — Dayboll Jiu-Jitsu and Fitness Academy, their trainer/coach — Dave Dayboll, and the city proud.

They have both shown that hard work, commitment and effort pay off no matter what you do.

We wish them continued success in their mixed martial arts careers and hope to see many more of their fights.

I'VE BEEN THINKING

About forgiveness

REV. THOMAS P. ARTH
First Evangelical Lutheran Church

One of the few things that various world religions have in common is the idea of sin.

It may not be expressed with that term but most religions would describe some ideal for life and would agree that humans don't live up to that ideal. Judaism, Christianity, and Islam believe that sin creates a barrier between humans and God.

Relationship is broken and somehow people need to be saved and have a relationship with God restored.

How that happens differs between religions. Even within a religion there can be different beliefs as to how this restoration can take place.

I'm no expert on other religions and I can't even claim to be totally versed on the subtle differences within Christianity. But I feel pretty safe in saying that a common belief in all branches of Christianity is a belief in God's forgiveness.

I remember when I was still a seminary student on my internship. I was teaching a confirmation class, a group of 12 and 13 year olds who weren't all that interested in what I had to say to them.

I asked, "What does God do when we mess up?" and I don't think most of them even heard me ask the question. Most of the time I didn't even expect an attempt at an answer but from the noise made by the boys horsing around one of the girls piped up with an answer.

She said all that sure of herself so the answer sounded more like a question.

She said, "Forgives(?)" She was absolutely right. What does God do when we mess up? What does God do with our sin? What does God do to restore our broken relationship? God forgives.

The Bible says, "If we say that we have not sinned, we are fooling ourselves, and the truth isn't in our hearts. But if we confess our sins to God, he can always be trusted to forgive us and take our sins away." (1 John 1:8-9).

Not only does God forgive us, we are also commanded to forgive others. In the prayer Jesus taught to his disciples we pray, "Forgive us for doing wrong, as we forgive others" (Matthew 6:12).

There was also a time when one of Jesus' disciples asked just how often he should forgive. "How many times should I forgive someone who does something wrong to me? Is seven times enough?"

Jesus answered: "Not just seven times, but seventy-seven times!" (Matthew 18:21-22). Jesus wasn't just giving him a higher number, he was telling him to stop keeping score. Just forgive.

I don't think we realize the power of forgiveness. The word has become kind of bland. It has become a "Yeah, whatever."

No sweat. Just don't do it again." But the concept of forgiveness in the Bible is a life-changing thing. It's a creative act.

New life springs from forgiveness. "Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. Love is more important than any-

Forgiveness does not say the action was not wrong. Forgiveness does not dismiss the fact that evil exists and happens.

happens.

thing else. It is what ties everything completely together" (Colossians 3:13-14).

That can be hard for some of us to take. Some things might be easier to forgive than others. Some things might seem totally unforgivable.

In 2006 a gunman took hostage and then shot and killed five young girls before taking his own life in an Amish schoolhouse in Pennsylvania.

One would think that such an evil act would be unforgivable but the families, the parents of those children, forgave the killer.

Those who know about Amish life and culture and faith explained that their willingness to forgive does not undo the tragedy and that the wrong, but the forgiveness constitutes a first step toward a future that is more hopeful.

There's an important point in there. Forgiveness does not say the action was not wrong. Forgiveness does not dismiss the fact that evil exists and happens.

Forgiveness does not mean there are no consequences. Forgiveness doesn't mean that we shouldn't try to right the wrongs we have done.

Forgiveness allows for reconciliation and a future that is more hopeful.

Recently there has been frequent attention in the media to sinful actions in parts of the Christian Church. The alleged sins of certain members of the clergy were kept quiet, or ignored, or overlooked.

These acts were evil, perpetrated by people who held positions of power and trust against the innocent and vulnerable. Does that mean those actions are unforgivable? No. Does that mean those actions should not be punished? No. The consequences of sin remain and certain punishments are required by law.

But forgiveness of our sins is a foundation of the Christian faith. We confess it in our worship when we confess our faith by reciting the creeds of the church. The heart of the Christian message of salvation is reconciliation.

"God was in Christ, offering peace and forgiveness to the people of this world. And he has given us the work of sharing his message about peace" (2 Corinthians 5:19).

We are made right with God and given new life, a life and future that are hopeful, by God's grace and mercy. Our actions will have consequences and may deserve punishment.

Relationships become broken. But by God's grace relationships can be mended. Reconciliation can take place. Forgiveness can lead to new life and a future with hope.

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Driving the winding roads of wine route's west end



George Duma
BY GEORGE

Each season brings traditions, tasks, duties, the things we do that need doing. Some are chores, while others are not; they are more in the category of labours of love. But they simply must get done.

Each spring for the last couple of years, I load a box of Showboat Festival Theatre brochures into the back of my little hatchback and take off for the better part of a day, visiting the wineries west of Jordan. The brochures are put on prominent display so visitors can pick one up while they engage in wine-tasting and learn more about our city's theatrical jewel.

That's my turf, the west end. Sue and Dave Patterson do everything east of Jordan.

For me, this is a task in the labour-of-love category.

While I am no longer connected to Showboat as a board member, having resigned just before this year's annual general meeting, I volunteered to continue this annual rite of spring for this year. During the 2010 theatre season, I will be covering

Showboat for *The Tribune* and to do anything more than distribute brochures for this spring only might constitute a conflict of interest in some eyes.

I will miss my annual distribution of flyers. It's such a fun, stimulating day and last Friday was no different.

It starts in the morning with a visit to the Roseola Centre to pick up the brochures and have a chat with the folks there, including artistic director Thom Currie, for whom I have a great deal of affection and respect.

It continues with pulling out of the parking lot, turning on 91.1 Jazz-FM on the radio dial at the intersection of Carter and Steele, and hitting the open road to Vineland and the QEW.

I take the Queen's Highway to Grimsby before turning off at Bartlett Ave., going south to King St. and doubling back, stopping at all the wineries along the way.

I love the wineries in the north-east part of the Niagara Wine Route, the ones along Lakeshore Road between Port Weller and Niagara-on-the-Lake, the ones on Highway 55 from the QEW to Niagara-on-the-Lake, and the ones down the Niagara Parkway between Niagara-on-the-Lake

and Queenston. And, of course, the new Wine Visitor and Education Centre at Niagara College's Teaching Winery is a spectacular facility, one not to be missed on any wine tour.

Yet there's something calm and peaceful about the west end, an entirely different experience from the north-east end.

I often think the west end of the Niagara

Wine Route is, while not necessarily the forgotten portion, perhaps the path less travelled. But for an afternoon of laid-back country cruising, it is so incredibly, breath-takingly beautiful on a very subtle and not-so-subtle level.

see IT WAS | Page 6

Ask the HEALTH EXPERT

DR. BRUCE HOLUB, B. Sc. (Ph.D.)



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Why IFOS? (International Fish Oil Standards)

With growing contamination concerns for the consumer, and recent news about this suggesting the negative effects of mercury and PCBs from other marine sources, the IFOS program continues to grow in popularity and prove its value as a reliable source for third party verification. Consumers are becoming increasingly aware of the many critically established health benefits of omega-3, but are usually concerned with contamination issues. The IFOS program delivers a reliable source for the omega-3 supplement industry to ensure product safety.

How does IFOS compare to other certification programs? (e.g. Good Manufacturing Practices and ISO 9000 Series?)

The IFOS Program is concerned with the quality of omega-3 products as it relates to the international standards established by the World Health Organization and the Council for Responsible Nutrition for purity and concentration. The GMP and ISO certifications are concerned with the manufacturing process and consistency of manufacturing procedures behind the making of the omega-3 product. Quality of omega-3 product and quality of the manufacturing behind the omega-3 product are two very different

things. If a manufacturer is ISO certified, it means they follow the same guidelines each time they make the same product line and that each step is documented and followed. That does not mean the omega-3 product is high purity and high concentration.

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Corrie Armstrong, Port Colborne*

It was fun while it lasted

FROM PAGE 5

The majority of the wineries from just outside Grimsby east to Jordan sit atop the Niagara Escarpment and even on a cool, semi-overcast day, the view of the Toronto skyline is unmistakable.

My route begins at Peninsula Ridge Estates on King St. between Grimsby and Beamsville. It's so pleasurable to stop, wander in and meet the nice people who run these unique wine-making operations. Invariably, as soon as I tell them where I'm from and hand them a bundle of Showboat brochures, they're more than happy to help and they put them into their display racks.

Following Peninsula Ridge, the route continues up Mountainview Rd. to Rosewood Estates Winery. There I meet Gabi Ivinny, the retail manager. As coincidence would have it, Rosewood is the winery that will be featured at Roseval's Food and Wine Series dinner later that day. Gabi tells

me assistant winemaker Lucas Orwinski and sales manager Karen LaVigne are both going to Roseval for the evening to explain the Rosewood wines to the dinner crowd.

She also tells me about an upcoming event, Graze The Bench on June 5-6, which is a celebration of wine, food and music on the Beamsville Bench. It features seven chefs at seven wineries with seven bands. Host wineries include the aforementioned Peninsula Ridge and Gabi's Rosewood Estates, in addition to Thirty Bench Wine Makers, Angels Gate Winery, The Organized Crime Winery, Fielding Estate Winery and Hicken Bench. Check out www.grazethebench.com if you want to know more. It certainly sounds like a fun weekend.

This particular Friday is a cold, wet one, the first one of its kind I've encountered since I've started doing the brochure distribution. Each time I've journeyed here it's been sunny and beautiful, but this was



GEORGE DUMA
For Import News
Rosewood Estates
retail manager
Gabi Ivinny is looking forward to being one of seven hosts for the upcoming Graze The Bench event June 5-6, a celebration of wine, food and music on the Beamsville Bench.

my window of opportunity to get it done this year so away I went.

The allure of the western-escarpment wine route in sunny weather is obvious but in this weather it's gorgeous. Just in a different, misty, haunting melancholy sort of way.

The route continues from Rosewood through the twisting, turning back roads and it never ceases to amaze me that one can be driving down to these, turn a corner, and come upon yet another under-

stated, yet palatial, wine operation.

After Vineland Estates and Featherstone, the route takes me into Vineland and Jordan, to Wayne Gretzky's operation, Kacaba Vineyards and into Jordan Village to Cave Spring Cellars.

I always take time to wander through Jordan Village after dropping off brochures at Cave Spring. For me, it's like a softer, smaller version of Niagara-on-the-Lake's Queen St. without the crazy crowds. I never, ever get tired of visiting the Ninavik Native Arts Gallery.

From there I end up back on top of the Escarpment, visiting smaller wineries like Calamus Estate and Flat Rock Cellars. I purchase a Chardonnay at each of these two stops, for Mother's Day dinner when friends and family will visit for a barbecue.

I then turn toward home, happy all the wineries are stocked for the season with Showboat Festival Theatre brochures but sad the journey is over for another year and, possibly, for good.

Like so much in life, it was fun while it lasted.

• George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@cogeco.ca

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■ **APPRECIATION:** More than 40 volunteers come to dinner

Port Cares thanks those key to its success

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Without volunteers, Port Cares couldn't provide a vast array of services to its clients.

Services such as the soup kitchen and fundraisers couldn't operate or generate funds if some of the organization's 150 volunteers didn't step up to the plate and help out.

"Volunteers are the heart of Port Cares, the work of Port Cares," said executive director Lynda Reinhart. "Volunteering is much more than a job — it's a chance to be part of a team."

Reinhart said last year the organization supported 50,000 individuals and families and said its volunteers come from all walks of life and vary in age.

Last week, more than 40 volunteers attended an appreciation reception at the Guild Hall. Volunteers received certificates and keychains and those who celebrated milestone volunteer years had their years of service engraved.

Vinicy Purificati has volunteered with Port Cares for the past 15 years, working in its Beach Out Centre kitchen three days a week.

She first started volunteering because "I wanted to help out and meet people." Today she continues to volunteer because "I found it very friendly and it gives me somewhere to go."

Helping at a variety of events and activities has kept Jamie Lee active with Port Cares.

"There is always somebody that needs something," Lee said. "I just know they

need help and I know how hard it is to find help."

Volunteer co-ordinator Rachelle Anderson said there's a need for a large number of volunteers because while some volunteer on a regular basis others chip in on occasion.

They all have skills to put to work to help

Port Cares in any way they can.

"They work so hard for us and they really are the key to our success and that's the theme of the night," Anderson said of the celebration.

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■ **CELEBRITY CHEF:** Massimo Capra stops in Port Colborne

Chef believes in using local ingredients

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Celebrity chef Massimo Capra has concocted meals in kitchens around the globe and has whipped up new looks for several restaurants.

Next on his plate: Niagara.

Capra has been hired to revamp the menu at Rainbow Room Restaurant in the Crowne Plaza Hotel in Niagara Falls sometime this year.

"I plan to use as many local and seasonal ingredients as I can," Capra says during an interview with *The Tribune*.

Capra, who appears regularly on CityTV's Cityline and has appeared on the Food Network's Restaurant Makeover and a number of other TV shows, was recently in Port Colborne at the home of Pietro and Rosa Greco, the parents of his TV production partner Frank Greco.

see COOKBOOKS | Page 9



DAVE JOHNSON Staff Photo

Rosa Greco, Rosa and Massimo Capra, Frank and Pietro Greco share a meal in the Greco's home recently. Celebrity chef Capra is partners with Frank Greco in producing a TV show.

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■ COOKBOOKS

Capra revamping menu

FROM PAGE 8

Chef co-owner of Toronto restaurants Mistura Restaurant and Sopra Upper Lounges, Capra believes in using local, seasonal and organic ingredients.

"If something's not in season, we shouldn't be eating it. We should be eating something else."

He says many food items, such as lettuce from California, shouldn't be shipped across country due to the loss in quality.

"By the time the lettuce gets here it tastes like garbage. If you have it in California it tastes much better."

But as much as Capra is about local, seasonal and organic, he doesn't have a problem with frozen or preserved foods. He says in many cases, frozen or preserved foods are just as good as fresh and in other cases, actually preferable to fresh food.

"It's tough to get people to understand that; there's a stigma around them," he says. "Scallops and shrimp are great from."

Capra says frozen peas are actually better than peas he could buy fresh for his restaurant. Some foods, including peas, start to break down as soon as they are picked or caught. Seafood in Canada comes from Nova Scotia via the U.S., says Capra. But by the time something like scallops are caught, brought to shore, shipped and in a supermarket, they can be days old and have lost their best flavours. Frozen scallops hold their flavour, he adds.

But if you really want fresh scallops,

there's nothing better than having them raw on the dock in Lunenburg, N.S., as Capra and Greco both have.

The pair had the scallops during the filming of Capra's newest TV show, its title yet to be confirmed. The premise of the series is for Capra "to search for the best foods, meet new people as he explores and enjoys the opportunity to cook up a storm with a local chef," according to Greco's TGTV Inc. website.

The show has yet to be picked up, but the two men have filmed in a number of locations, including Lunenburg. Niagara is on the list of locations where the pair will shoot an episode.

"Three weeks ago we were filming in South Carolina," says Greco, owner of the company that produces The Travel Guy travel show; Capra's new travel/cooking show; in No Time downloadable recipes; and a new production which to begin filming this fall called Neptune's Daughter.

"We met chef Sean Brock while in Charleston. He has his own farm, raises his own pigs and uses all seasonal food," says Capra. "We caught some pigs and cooked for guests for the new show."

Capra and Greco have also shot film in California and were recently in Iceland. They were at Eyjafjallajökull volcano, about two months before it erupted.

"It was quite fantastic there (Iceland). I want to go back," says Capra, who was born in Cremona, Italy. "The food in Iceland is second to none. They have beautiful

grass-fed beef, lamb and fish."

Capra says seafood such as scampi, shrimp, cod and halibut in Iceland are the freshest a person could ever have. "The country and water all around it is extremely unpolluted."

While there, he was asked to help judge at an annual Icelandic food festival, with top chefs from Europe and the U.S. on hand to prepare different meat and fish dishes. He saw 20 different preparations of halibut, ate sea bird eggs and lamb and tasted puffin. "Puffin tastes like wild duck."

Asked the one location he'd really like to visit, the chef who feeds a food column in The Globe and Mail says Japan. He's a big fan of Japanese cuisine. Quality, he adds, matters in Japan and food is at a whole different level there.

"What I like is they have so much passion for food, they way the handle it, the way they work it ... they worship food, unlike many other cultures. Food is a gift and it should be treated with respect."

While most people won't be booking flights to Japan or Iceland to try the food,

they can capture the flavour of Capra's passion for food in his cookbook One Pot Italian Cooking. In its third edition, the book covers everything from soups and salads to rice and pasta to all manners of meats and sweets. The idea behind it is that everything is cooked in one pot, though some of the recipes require more than one pot, pan or bowl.

Capra is working on a new cookbook with chefs Jason Parsons and Michael Bonacini. Parsons is chef at Peller Estates Winery Restaurant in Niagara-on-the-Lake and Bonacini is a celebrity chef and co-owner of Oliver and Bonacini Restaurants, and also appears on Cityline.

Capra is also working on another cookbook called Emergency Pasta.

"Pasta is the perfect emergency food. You can make a meal out of pasta in a hurry. Pasta can be done in many different ways with different ingredients and sauces."

For more on Capra and Greco, visit their websites — www.tgvtv.com, www.mistura.ca and www.massimocapra.com.

djohnson@wellandtribune.ca

NOTICE OF MEETING

PUBLIC LIAISON COMMITTEE

for the

COMMUNITY BASED RISK ASSESSMENT

for Soils Contaminated in the Port Colborne Area

Thursday, May 20th, 2010 at 7:00 pm
Council Chambers, City Hall

AGENDA

1. Approval of Agenda
2. Approval of Minutes
 - PLC Meeting of April 15th, 2010
 - PLC Meeting of April 29th, 2010
3. Updates of CBRA Activities
 - Release of Draft PLC Report
 - Status of LTF Report
 - Independent Consultant Report Status
4. Delegations
5. General Question and Answer Session
6. Next Meeting
7. Adjournment

Persons wishing to be "delegates" to the committee should register, in advance, with Dan Aquilina, Director of Planning and Development at (905) 853-2900 ext. 203, or, at danaquilina@portcolborne.ca

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■ **LOBSTER AND LAUGHS:** Tickets on sale for annual event

Get ready for good food and good laughs

InPort News Staff

PORT COLBORNE — Great food and great laughs will be served up at Port Colborne-Wainfleet Chamber of Commerce's annual Lobster and Laughs event this June.

Chamber office manager Edith Wagner said tickets for the Friday, June 11, event at Sherston Shores are on sale now.

Tickets are \$50 each. Wagner said people wanting to come out for the evening should get them as soon as they can.

"We're trying to keep the event just under 200 people.

You can make reservations for a table for four people," she said.

"This is the chamber's signature fundraiser."

While the dinner part of the event always features lobster, this year the chamber is taking out the steak portion and replacing it with prime rib.

Wagner said @27 Restaurant is catering the event, which gets underway at 6 p.m. with drinks in Rattlers, Sherston's beach-themed event centre, followed by dinner at 7 p.m. and comedians Mark Bennett and Graham Davidson at 9 p.m.

"It's a great location to come out to and relax and we

won't have to worry about the weather," said Wagner.

The event had been held the past three years at Sherston, on Empire Rd. in Port Colborne, and before that on the sands of Nickel Beach, weather-dependent venues.

For more information and to purchase tickets, contact the chamber office at 905-854-9855.



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■ **NOT IN HER FUTURE:** Darcy Feagan says politicians have a tough job

Teen's chapter as a page

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — After witnessing Ontario's legislature in action, Darcy Feagan isn't too sure about a future in politics.

"After seeing what they went through every day ... I don't know if I'd want to do that myself," said the 14-year-old McKay Public School student.

The Grade 8 student spent three weeks as a page at Queen's Park after seeing a number of posters about the page program plastered around her school and applying to be accepted into the program.

She said the job of MPP seems very

stressful, with politicians having to think off of the top of their heads and on the spot daily.

"I liked listening to everything and trying to understand it, but to actually be an MPP must be very difficult."

Feagan said at times the noise in the provincial chambers was very loud and made things confusing.

"The MPPs are trying to get their point across and they tend to yell when others are speaking; it makes it very difficult to follow things."

Question Period, she said, was when things got really loud.

Feagan would often read the newspapers the next day to see what their take was on

the various loud discussions and arguing. Despite all of the political blustering, she said at the end of the day MPPs were joking with each other and did have civil discussions on subjects they all agreed on.

As a page, Feagan was expected to memorize the names, faces and seating locations of all 107 Ontario MPPs — and she did.

But at times, with politicians waving and gesturing, she and her fellow pages, a group of 22 in total, weren't really sure if an MPP was calling for them or making a fist at an opposing party.

"They changed seats sometimes, too, making it difficult. But they helped you out and pointed to the MPP they wanted a

message delivered to."

Before starting the page's job, Feagan and the others, from all across the province, went through training.

They were shown the chambers and told how to sit and stand and how to address MPPs and the speaker.

"We were told things we weren't allowed to do, like walk between the speaker and the (ceremonial) mace. It's called frogging, and one person actually did it."

After the training session, the group had the weekend off and started the job on a Monday.

see MPPs | Page 13

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- ▶ Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- ▶ Be sure to visit your dentist regularly as part of your recommended check up schedule.
- ▶ Some medications can affect denture fit and wearability so be sure to discuss this with your doctor and dental professional.
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■ MPFS NICE

Pages met premier

FROM PAGE 12

"It was very nerve-racking. We were all worried we'd spill water on the speaker or MPFs or mess up delivering a note. Everyone did great and the MPFs were really nice."

MPFs, she said, added the pages were they were from and how they liked the job.

Each of the pages had to be non-partisan and didn't end up working with one MPF more than another.

But on the last day of the job, all of them were taken to lunch by their respective MPFs.

For Feagan, that meant lunch with Peter Kormos.

"It was great. We talked about a lot of the really interesting things, like the pharmacy issue and sex-ed curriculum change."

In addition to meeting with their local MPFs, the pages also had lunch with the house speaker and Premier Dalton McGuinty.

"The speaker (MPF Stephen Peters) told us about his political life, how he was the mayor of his town and then went on to become MPF. We got to meet with the premier, too."

McGuinty talked about his political life and what got him interested in politics. He also asked the pages about what music they had on their iPods.

"The meeting with the premier was a bit more formal, but he was a really nice guy."

Feagan said her fellow pages were all really nice, too.

"It was a great group and we got along very well. We've planned to try and get together sometime this summer."

Feagan said her three weeks went by so fast and that if she had a chance, she'd love to do the job again. But she can't, as pages are allowed to serve only once.

"Maybe I'll try Ottawa when I'm in university," she said.



Darcy Feagan

djohnson@wellandtribune.ca

ALONG THE LAKESHORE

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Kids Yoga with Nadia Esposito @ the Port Colborne Public Library May 4 to June 22 from 4 to 5 p.m. For ages 4 to 10. Eight weeks for \$35 or \$5 for an individual class. To register or for more information please call Nadia at 905.329.9841 or e-mail nadiaesposito@hotmail.com.

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■ **HOUSING:** Showboat season set to start soon

Actors need homes for upcoming season

InPort News Staff

PORT COLBORNE — Showboat Festival Theatre is looking for housing for actors and technicians for its 2010 season.

Thom Currie, Showboat's artistic director, said every year actors and technicians from across Canada come to work at Port Colborne's professional summer theatre at Roselawn Centre.

"If you have an extra bedroom, basement suite or apartment that might be suitable for an adult actor or technician to live for five to six weeks, please get in touch with the Showboat

as soon as possible," Currie said in a news release.

"The more private, the better, both for yourself and your guest. As long as the guests have their own bedroom, access to a kitchen and a bathroom, with some fridge and shelf space, they will be very happy."

"And don't forget, a negotiable weekly rent is paid."

Showboat needs housing for any and all of the following dates: May 25 to July 4, June 21 to July 25 and July 12 to Aug. 15.

If you're interested, contact Currie at 905-834-0833 or by e-mail at showboat.festival@gmail.com.

■ **MCHAPPY DAY:** Raising funds for a good cause

DAVE JOHNSON Staff Photo

Wainfleet Ald. Ron Kramer, left, and Port Colborne Mayor Vance Badway, share a laugh during McHappy Day last week at McDonald's in Port Colborne. Politicians, businesses owners and bank employees were just some of the people that manned the counters at the fast-food restaurant to help raise funds for Ronald McDonald House Charities. McDonald's franchise owner Larry Martin said \$1 from sales of every Big Mac, Happy Meal and McMuffin sandwiches went toward the charity.

Recipe of the Week

May 14th to May 27th

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1. Wet frozen fish fillets under running water. Shake off excess water. Place flour in a plastic bag. Put fish fillets in bag, a few at a time & thoroughly dredge with flour. Dip fish in beaten egg.
2. Combine Panko Crumbs & Cajun Seasoning in a plastic bag. Shake fish in bag, a few at a time, until well coated.

Cooking Methods: (Choose A or B)

- A. Pan fry in a mixture of canola oil & butter, until fish is golden & flakes easily.
- B. Spray a baking pan with non-stick cooking spray. Preheat oven to 450 degrees F. Bake fish for 20-25 minutes, until it flakes & is golden brown.

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- 4 Tsp. Cajun Seasoning

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INPORT NEWS

■ **FUNDRAISER:** Father helps son kick off ride

DAVE JOHNSON Staff Photo

Ted and Bert Dekker pedal away to kick off a fundraising bike ride from Port Colborne to Hamilton. Ted Dekker is trying to raise \$400,000 for St. Joseph Elementary School in Hamilton through the Green X Project. The project is to help make the Hamilton school's property greener, safer and more accessible for children. Ted and a group of parents from the Hamilton school rode through rain, hail, wind and cold weather last week. The five-hour ride raised \$8,600, with more to come in.

■ **FERAL CATS:** Program saves cats

The purr-fect night out in Port Colborne

InPort News Staff

Fielden Ave., on Wednesday, June 9, from 7 p.m. to 10 p.m.

PORT COLBORNE — It will be the purr-fect night out.

The Port Colborne Feral Cat Initiative is hosting a fundraiser at Talwood Manor, 303

local vendors, enjoy treats and refreshments, and visit little furry felines available for

adoption. The evening will include a silent auction, raffles and tarot card readings.

To see the cats available for adoption visit <http://pctferalcats.posterous.com>.

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■ **GATHERING:** Classmates meet up in Burlington

Port High reunion a big success

For InPort News

BURLINGTON — After seven months of planning and organizing for a Port Colborne High School Reunion, former classmates and graduates from 1954 to 1980 gathered at the Burlington Holiday Inn on April 17 and 18 for what turned out to be a warmhearted, emotionally charged and nostalgic event.

For the co-ordinators, Fran Phillips Cohen and Susie Witmer Albano, the result was more than satisfactory. Seeing the wide grins, affectionate hugs and genuine bonds of unforgettome friendship made all their work worthwhile.

Last fall after reconnecting as friends on Facebook, these

two women, along with a third Facebook friend, George Pyle, commented about the possibility of having another reunion. Letters were sent to over 11 newspapers throughout Ontario, phone and e-mail contacts were made and the word was spread.

People came from Arizona, Texas, Florida, Maryland, North Carolina, Pennsylvania and even Wisconsin as well as throughout the whole province of Ontario. The Saturday night dinner reception was held for 53 people, and the Sunday luncheon guest list totaled 150.

Amongst the group were four celebrated teachers, Mr. Roy Castle, former music teacher, Miss Mary Lyons and Mrs. Janet Truckenbrodt Ceply, former Phys Ed teachers, and Mrs. Stella Tonoff Buck, former English teacher. Pho-

tographs were taken of each grade level group, as well as many individual shots, which will be uploaded onto a computer site for all to see or through a CD.

The day had brought forth a warm, cozy feeling, a feeling of appreciation for growing up in the 1950s, in the wonderful town of Port Colborne. An "In Memory" poster of all those former classmates and teachers who have passed on was on display as well as a nostalgia table with memorabilia and pictures depicting their high school days. Fran and Susie are already starting to plan for another reunion, to be held hopefully within a two year period.

Reunions are very special events. The bonds and memories made back in our high school days are everlasting and as represented by this group, cherished forever.

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